



Senior Newsletter

Senior Office • 763-512-2339

FEBRUARY-MARCH FEATURED CLASS



Monday Morning Paint with Michelle

Mondays, 9:00-11:00 AM

Looking for a creative start to the week? Michelle has experience painting in watercolors, acrylics and oil. She is here to guide you through your project. Bring your favorite medium and project to class.

\$39 for residents/\$44 for non residents for a 6-punch card. Punch cards may be purchased at the Recreation office. No class February 18.

Elders CLIMBing Workshop— April 2013



Explore your creative side! In a series of four 40-minute sessions, Actor-Educators from CLIMB Theatre will lead you in a series of creative activities. Together, you and the CLIMBers

will explore old stories and invent new stories and characters that grow from the theatre activities. A portion of the final workshop session includes an open sharing of some of the created scenes, stories and characters. Limit of 20 people per time.

\$5.00

Wednesdays, April 3, 10, 17, 24

Last day to register/cancel: March 27

9:00-9:45 AM

Code:11845

10:00-10:45AM

Code: 11846

CLIMB Theatre is a 2013 recipient of an Arts Access grant from the Minnesota State Arts Board. This activity is funded, in part, by the arts and cultural heritage fund as appropriated by the Minnesota State Legislature with money from the Legacy Amendment vote of the people of Minnesota on November 4, 2008. Program is co-sponsored with School District #281.

FEBRUARY SPEAKERS

Stroke—Just the facts! Thursday, February 7
1:00 PM

Calvary Center Coop, 7600 Golden Valley Rd



North Memorial Stroke strikes about
700,000 Americans each

year, but the vast majority of people survive. When treating a stroke, successful recovery is all about time. Learn about the symptoms of stroke, emergency care, and treatment options. Presented by Kathleen Sahti, RN, North Memorial Stroke Center.

Veteran's Benefits - Thursday, February 21, 10AM



Brookview Community Center

Are you a Veteran or a surviving spouse of a wartime Veteran? You may be eligible for a financial benefit that can help pay for long-term care needs. The need does NOT have to be tied to a service-related illness or disability. Learn eligibility requirements, how to apply, and the free resources available that can help with the process. We will also cover zero-cost and low cost health care plans that are now available for Veterans and their families. *Presented by Grace Gulden, Elder Life Resources.*

Rethinking Aging - Wednesday, February 27



9:45 AM *Brookview Community Ctr*

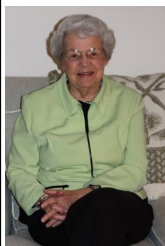
\$2, payable at the door

We are overwhelmed by barrages of media reports telling us what we should do or eat to remain healthy. The media reports are often conflicting. What actually works? What have centenarians done to live so long? Where do we go to get the best advice and information? Join us in this informative and helpful discussion. Presented by Dale Stenseth active senior. Register by February 25, 763-512-2339.

BROOKVIEW IS closed Feb. 18 for President's Day

MARCH SPEAKERS

Memory: Use It or Lose It! - Thursday, March 7



1:00 PM

Calvary Center Cooperative
7600 Golden Valley Road

Would you enjoy life more if you didn't lose track of your keys, remembered where you parked your car at the mall, or were able to tell who the characters were in the movie you saw recently? *Phyllis Wilderson, a Golden Valley resident* who happens to be in her 90's, will present her tricks for memory improvement with fun and humor.

Let's Make A Deal - Thursday, March 21, 10:00 AM



Do you anticipate family tension over family assets once a loved one passes away? Today you will learn how to have the discussion with family

members and begin the process of division while avoiding emotional conflicts. *Presented by Sandy McCurran.*

Library Laboratory: Sugar and Spice – March 25

Golden Valley Library, 830 Winnetka Ave N

6:30-8:00 PM



From barbeque ribs to Moroccan harissa, spice blends add flavor to whatever you're cooking, from steaks

to casseroles to dessert. Mix up a collection of sweet and savory blends to take home and learn the secrets to making your own signature blend.

Presented by Mary Jo Rasmussen from Urban Relish.

Call 952-543-6390 or register online at

www.hclib.org/pub/events/ starting February 25.

Limit of 20. FREE

FREE BLOOD PRESSURE CHECK



Wednesday, February 27

No screening in March

11:00-11:30 AM

No appointment needed!

Service provided by Ambassador Care Center staff.

Happy Feet Foot Care Clinic—763-560-5136



The clinic is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet including corns, calluses, thick or curled toe nails and ingrown nails, if not well advanced. A foot soak and massage are provided with each visit. Bring a towel and your medical history with medications on your first visit.

Call Happy Feet at 763-560-5136 to schedule your half-hour appointment. *If you need to cancel, you must call Happy Feet at least 24 hours in advance, or you will be charged.*

Tuesday, February 12 & 19

Tuesday, March 12 & 19

Tuesday, April 9 & 16

Fee: \$34. Payable to *Happy Feet Footcare, Inc.* and due at time of service.

Confused about Medicare?



Going to retire and need your Medicare questions answered? Just out of the hospital and have forms that need filling out? Make a free appointment with Marsha to answer your Medicare Insurance questions, assist you with insurance forms or guide you through supplemental or Part D insurance. Appointment times are 9:00AM, 10:00AM, 11:00AM.

Thursday, February 14

Thursday, March 14

Mondays with Mary—9:30 AM



Join Mary on Mondays to work on door decorations, greeting cards and placemats for Ambassador Care Center, GV Rehab & Care Center, Dinner At Your Door, Senior Dining and Golden Valley Seniors. We'll supply the materials and coffee. No meeting February 18.

REMINDER! This is your last newsletter if you have not sent your 2013 Membership



Donation. Help support your program. Donation is good through Dec. 2013.

Fee: \$5 for Golden Valley residents and \$8 for non-residents, payable to "City of Golden Valley." **Code: 11758**

Send to Golden Valley Seniors, 200 Brookview Parkway S, Golden Valley, MN 55426.

Thanks for your support!

Groups and Classes

DAYTIME PICKLEBALL



Mondays, & Thursdays 10:00 am -12:00 pm
Crystal Community Center
4800 Douglas Drive N

Pickleball is a game played on a badminton or tennis court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. This is not a league...come when you can....just drop in. Equipment available on a limited basis. Gym shoes required. \$2.00 each week. Pay at front counter.

Cards & Groups

Mondays with Mary—Mondays, 9:30AM

Bowling—Tuesdays, 12:15 PM at Texa-Tonka Lanes, 8200 Minnetonka Blvd.

Bridge:

Thursdays, 6:30 PM

Fridays, 9:00 AM

Cribbage—Tuesdays, 1 PM

Dominoes—Mondays, 1PM

Euchre—Thursdays, 1 PM

500—Wednesdays, 1 PM

Jigsaw Puzzle during Center hours

Pickleball—Mondays & Thursdays, 10 AM at Crystal Community Center, 4800 Douglas Dr. N.

Groups meet at Brookview except Bowling and Pickleball. Join us.

INTERMEDIATE BRIDGE LESSONS



Fridays, April 5-May 24
9-10:30 AM

Made for the player who has basic knowledge of the game, sharpen your skills with instructor Dick Welander.

\$32 residents/\$37 non-residents.

Code: 11776

Remember When?...with Jan



1:00 p.m.

Dover Hills Apartments

2400 Rhode Island Ave. N

Thursday, February 28 – Remembering Clothing Styles

Thursday, March 28 –Remembering Low Food Prices

No registration needed-just come!

GOLDEN VALLEY LIBRARY PROGRAMS

830 Winnetka Ave N. Call 612.543.6375 for more information.

Computer Help



Volunteers are usually available at the following times to give you one-on-one help with basic computer skills:

Mondays: 11:30AM-2:30PM and 3– 5PM

Tuesdays, Wednesdays and Thursdays: 11:30AM–2:30PM

No appointments necessary. Call to verify that a volunteer is available.

Poetry Lovers Converge



Do you love poetry? Everyone (kids to teens to seniors!) is invited to read an original or a favorite poem, or just come and listen. In all languages, for all ages and all authors.

Readings begin at 6:30PM.

February 4, 2013

March 4, 2013

GOLDEN TONES—Our Musical Ambassadors!



Calvary Church Music Room
7520 Golden Valley Road

Come and see what we are all about.

Practices are Thursdays from 10:30-11:30 AM in the music room at Calvary. We perform monthly at local care centers and senior centers and finish the year with an out-of-town performance. Proven fact - Singing and laughing can add years to your life!

 **President's Day** 

Classes

TAI CHI for HEALTH & ARTHRITIS-BASIC



Tuesday, February 26-April 9
8:30-9:40 AM

This program, endorsed by the Arthritis Foundation worldwide, is a series of gentle, yet powerful, easy-to-learn movements that promote effective physical and mental well-being. Great for joint pain relief and fall prevention! Taught by Certified Instructor Marie Mathay. Wear comfy clothes.

\$45/Resident, \$50/Non-resident

Code 11762

TAI CHI for HEALTH & ARTHRITIS 2– MOVING ON

Tuesday, February 26-April 9

9:45-10:45 AM

For persons who have completed at least one session of Tai Chi we continue on our Tai Chi journey.

\$45/Resident, \$50/Non-resident

Code: 11768

TAI CHI for HEALTH & ARTHRITIS - ENHANCEMENT

Thursday, February 28-April 11

9-10:00 AM

Add a second day to practice and enhance your Tai Chi experience. Class is for all levels of Tai Chi.

NOTE: You must be registered in a Tuesday class to participate in the Enhancement class.

\$35/resident, \$40/non-resident

Code: 11774

ENHANCE FITNESS



Mondays & Wednesdays

11:40 AM-12:40 PM

Designed for older adults, these group exercise classes feature cardiovascular conditioning, strength training, and balance exercises that help improve flexibility, bone density, and stability. Certified fitness instructors offer personal attention while participants work at their own pace to improve their overall health and well-being. See the results!

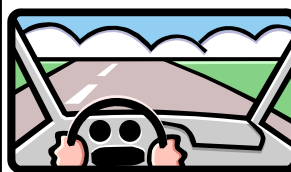
Feb.25-April 3

\$30 residents/\$35 non-residents

CODE: 11780

FREE to U Care members. NOTE: U Care ID Number required when registering.

Defensive Driving Course—4-HOUR COURSE



Thursday, February 14

Thursday, March 14

Thursday, April 11

9 AM-1 PM

\$17/person

Adults age 55 or older, save up to 10%, 3-year discount on car insurance premiums and become a better driver by taking a state-approved National Safety Council Defensive Driving course. No tests are given. Attendance is required to receive the certificate

8-Hour Class - Sat, April 27, 9AM-5PM

Cost: \$18

Register for either class through the MN Safety

Council. By phone with a Visa or MasterCard, **651–**

291-9150 or mail (checks payable to “Minnesota

Safety Council”) and mail to: 474 Concordia Ave, St.

Paul, MN, 55103. or Have your driver’s license

information handy to complete registration. Indicate the Golden Valley Brookview location.

Daytime Yoga With Annette



Yoga can help reverse the aging process by improving flexibility, massaging the inner organs, strengthening the muscles, improving balance, posture, circulation and digestion. Exercises are appropriate for all fitness levels. Annette’s classes are always easy to follow, non-intimidating and fun. Please bring an exercise mat.

Tuesdays, Feb. 5-March 19

11:00 AM – 12:00 PM

\$56/Resident, \$61/Non-Resident

Code: 11737

CANCELLATION/REFUND POLICY for classes and trips.



All refund requests will be assessed a \$5 administrative fee. Full refunds are given only when a program is canceled by the Parks & Recreation Department. No refunds will be given on requests made less than 5 business days prior to the start of a program or after the registration deadline

The Mary Wanderers One Day Trips

Ice and Chocolate—Tuesday, February 26



Arrive at the IMAX Theater to see *To The Arctic*. The film takes you on a never before seen journey into the lives of a mother polar bear and her two seven-month old cubs as they navigate the changing Arctic wilderness they call home. After the show, visit the gift store

before arriving at Abdallah's Chocolates. Enjoy a brief on-coach welcome including the history of the fourth-generation, family-owned business. Sample delicious candies and receive discount coupons to purchase specials. Our final stop is a three-course lunch (restaurant to be determined).

\$55/person includes IMAX tickets, Abdallah's, gourmet lunch, escort and motorcoach transportation.

8:05 AM Bus leaves Calvary Coop/City Hall

Return @ 2:45 PM

Last day to register or cancel: February 12

Code: 11575

"All Things New" Production – Saturday, April 6



Our journey today takes us to North Heights Lutheran Church for the original pro-

duction of *All Things New*, featuring a cast and crew of more than 300 actors and live animals. The focuses on Jesus' relationships with Matthew, Nicodemus, and a broken and lost woman named Ruth. As we follow Jesus' journey and ministry we witness the transformation of these three characters as they behold Jesus as a friend, healer, teacher, and Savior. Lunch is served in the Church hall, set with linen covered tables, where you will enjoy a meal prepared by the culinary staff. Tentative menu: Mediterranean Flatbreads served with hummus and feta cheese spread, fresh marinated tomato and cucumber salad, Carved Roast Beef, Grilled Chicken, Roasted Haddock, Potatoes, Steamed Fresh Vegetables, Baklava, Coffee or Tea.

\$67 includes matinee performance, Gourmet lunch, motorcoach and escort

*11:55 AM Bus leaves Calvary Coop/City Hall
Return @ 4:30 PM*

*Last day to register or cancel: March 4, 2013
Code:11584*

Celtic Folklore—Friday, March 1



Enjoy an Irish afternoon at the Lake Elmo Inn. Lunch is served family style: Corned Beef and Cabbage, Braised Short Ribs, Roasted Baby Red Potatoes, Roast-

ed Rutabaga and Carrots, Rolls and Butter, Coffee, Bread Pudding with Irish Whiskey sauce. Sit back and enjoy a Celtic Folklore performance by *Clairseach*. Ann & Charlie Heymann weave ballads, instrumental tunes and stories into their program. Ann is the world's foremost performer on the wire-strung traditional Irish/Scottish harp that disappeared two hundred years ago. Charlie, sings lilting songs in Gaelic and English, playing traditional instruments such as the cittern, button accordion and bones.

\$54 includes lunch, Celtic Folklore performance, transportation and escort.

*10:25 AM Bus leaves Calvary Co-op/City Hall
Return @ 2:45 PM*

*Last day to register or cancel: February 11
Code:11585*

"Mary Poppins" at the Orpheum Theater



Thursday, April 25

Mary Poppins is bringing its own brand of Broadway magic to Minneapolis. *The New York Daily News* calls it "a roof-raising, toe-tapping, high-flying extravaganza!" Featuring

an irresistible story and unforgettable songs from one of the most popular Disney films of all time plus breathtaking dance numbers and spectacular stage-craft, *Mary Poppins* is everything you could ever want in a hit Broadway show. So get swept up in the fun of this high-flying musical that the *New York Post* gives four out of four stars and calls "a certifiable super hit!"

*\$68 includes reserved main floor (rows W,X,U) theater seating, transportation and escort
6:30PM Bus leaves Calvary Co-op/City Hall
11:00PM Estimated return*

*Last day to register/cancel: March 8
Code:11583*



The Mary Wanderers Extended Trips

Beautiful Southwestern Wisconsin – June 18-20



\$515 per person (2 per room)/\$595 (1 per room)

Includes: Deluxe motor coach transportation, Lodging for 2 nights, Meals as indicated, Attractions as outlined, Tour Director, Mary Odell, Gratuities on included meals and attractions. **Deposit:** \$75.00/person is due Friday, May 3. **Final Payment:** Friday, May 17. **CODE: 11782.** Cancellation: After 5/3/13 payments are not refundable. Travel In-

surance: To cover losses if you cancel due to an emergency, you can purchase travel insurance. Call for trip and insurance brochure.

DAY 1: Stop for **coffee and rolls**. In North Freedom, WI, have a **box lunch** and board the **Mid-Continent Railway** for a memorable seven-mile train ride in restored steel coaches built in 1915. At the historic depot, walk through the Coach Shed filled with restored wooden passenger, freight cars and displays from the turn of the century. Tour **The National Mustard Museum**, the world's largest collection of prepared mustards and memorabilia. Travel to New Glarus and check into the **Chalet Landaus Inn** for two nights. The hotel is a perfect blend of modern convenience and old-fashioned Swiss décor. Enjoy **dinner** at the Landaus Inn. [C,L,D]

DAY 2: Enjoy **breakfast** at the hotel. In Monroe, tour the chalet-style plant, known for their Swiss & specialty cheeses, at **Alp and Dell Store and Emmi Roth USA**. Tour the **Minhas Craft Brewery**, the second oldest brewery in the nation. The museum features hundreds of brewery advertising artifacts. Take time for lunch (on own) at **Monroe's historic Courthouse Square** with unique stores, eclectic restaurants and more. Return to New Glarus for a guided tour of the village (can you find all 15 cows?) Take time to shop, sightsee or relax. Tonight enjoy a **Swiss Dinner** and hear **Swiss Entertainment** at the historic New Glarus Hotel. [B,D]

DAY 3: Have **breakfast** at the Inn. Travel to Baraboo to tour the **International Crane Center**, the only place in the world where you can see all fifteen crane species. ICF has gained acclaim as one of the world's leaders in the conservation of endangered species. Have **lunch** at **The Loose Moose**. An afternoon rest stop (on own) and return to the Twin Cities @ 6:15 p.m. [B,L]



Fall in Door County Wisconsin - September 30-October 3 (BY POPULAR DEMAND!)



\$725 per person (2 per room)/\$895 per person (1 per room)

Includes: Deluxe coach transportation, 3 nights lodging, Meals as indicated, Attractions as outlined, Tour Director, Mary Odell, Gratuities on included meals and attractions. **Deposit: \$200/person due June 1. Final Payment due August 1. CODE: 11588**

No refunds after 6/1/13. Travel Insurance: To cover losses if you cancel due to an emergency, you can purchase travel insurance. Call for trip and insurance brochure.

DAY 1: Enjoy a **coffee break** and **lunch** before entering "THE DOOR" area. In Sturgeon Bay, tour the **Door County Maritime Museum**. The museum covers 150 years of boat and shipbuilding. On to Rowley's Bay and check into **Rowley's Bay Resort** for three nights. Enjoy a relaxing **dinner** in the resort dining room. [C,L,D]

DAY 2: Have **breakfast** at the resort. Drive to Northport and board the **Washington Island Ferry**. Tour **Washington Island** aboard the **Cherry Train Tram**. The **narrated tour** highlights the history of the island. Make stops at sights on the route and conclude with a **traditional Washington Island luncheon**. Ferry back and tour the **Eagle Bluff Lighthouse**. Hear the personal stories of the keepers who manned the light from 1868 to 1926. Return to Rowley's Resort for a **traditional Door County Fish Boil and Swedish Smorgasbord**. A **storyteller** will provide an entertaining look at the folklore of this Door County tradition. [B,L,D]

DAY 3: Have **breakfast** at the resort. See the **sights of Door County with a local guide**. Tour the **hand-carved Bjorklund Chapel**. Have **lunch at Al Johnson's Restaurant**. This complex of buildings from Sweden invites exploration. The sod roof is kept well trimmed by goats! After lunch, wander through quaint villages with shops, working artist studios, cafes and galleries. Look for products from the abundant cherry harvest and apple orchards. Enjoy **entertainment by pianist Dan Meunier**. [B,L,D]

Day 4: Have **breakfast** at the resort. Tour **Lambeau Field Stadium**, the Packers' history-rich facility first-hand and see several behind-the-scenes areas. Have **lunch**, and make a cheese stop enroute. Return @ 6:30 p.m. [B,L]

5 Cities Transportation Groups 763-531-1259

Call Five Cities Transportation at 763-531-1259 to register at least one week in advance, unless noted. Pre-registration required for all trips. Home pick-ups available on a limited basis. If you have a reservation & cannot attend, please inform the Five Cities office.

Fares are \$5 cash or \$4 for the punch pass round trip. Purchase a 4 round-trip ride pass for \$16 or an 8 round-trip ride pass for \$32. Pay the driver with cash or check made payable to "Prism"

Special Destination fare: \$8 cash for round-trip transportation or two punches from the bus pass. No one will be denied a ride if unable to pay the full fare. Please contact the Five Cities office for information. A minimum of 12 riders required for Special Destination trips.

BRUNCH BUNCH

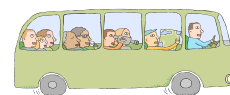


Order off the menu and pay with credit card or cash. Individual checks with tax and tip will be given. Bus picks up 9:30-10:30 a.m. Exact times given by 5 Cities staff.

T, Feb 26—*Pannekoeken* Reservations begin Feb 1

T, Mar 26—*Kieran's Pub*. Reservations begin Mar 1

GOLDEN VALLEY, Crystal, New Hope, Robbinsdale and Brooklyn Center residents—do your shopping with us! We'll stop at your home or apartment complex and take you to Cub, Target, Wal-Mart and more. Call **763-531-1259** to receive a schedule.



SPECIAL DESTINATION OUTINGS. Special Destination fare of \$8 or two punches from the bus pass applies to these outings. Bus Fee *only* is paid to driver day of trip. *Bus is not lift-equipped.*

Al Gore—The Future: A Look at the World to Come—Thursday, February 7, Westminster Town Forum



Al Gore is co-founder and chairman of Generation Investment Management and The Climate Reality Project, a nonprofit organization committed to solving the climate crisis. He served in the U.S. House and Senate and as Vice President from 1993 to 2001. The author of five books, including *An Inconvenient Truth*, his newest book, *The Future*, examines six critical forces reshaping our world. 11 AM Bus leaves GV City Hall. 2 PM depart for home. Breads n Spreads reception follows

forum in the church hall. *Special Destination fare applies. Register with 5 Cities, 763-531-1259 by Feb 1.*

Vivace! Afternoon Concert at the Landmark Center - Thursday, February 21



Enjoy the concert performed by *Zeitgeist* a "new music" group and then have lunch at Anita's Cafe at the Landmark Center (on your own). *Special destination fare applies. Register with 5 Cities by February 14.* 11:00 AM Bus leaves Golden Valley City Hall/2:30 PM approximate return

Macy's Flower Show – Thursday, March 28



Spring is in bloom! Experience the Macy's flower show on a self-guided tour. Step into Towers of Flowers and discover a magical world of soaring floral architecture, magnificent rolling landscapes and specialty gardens bursting with color, fragrance and imagination. Enjoy an elegant traditional dining experience at the Oak Grill Restaurant on the 12th floor or at the 12th Floor Skyroom food court that offers deli soups, sandwiches, pasta, Mexican food and a world famous salad bar! Fee: No cost for admission to show. Special Destination fare applies. Lunch cost and any purchases are on your own. *Register: with 5 Cities, 763-531-1259 by March 21.* 9:45 AM Bus leaves Golden Valley City Hall (upper lot) 1:00 PM Depart for home .

PRISM Express—763-529-1252

is the curb-to-curb bus for medical appointments, personal shopping, banking, nursing home visits, etc. within the service area. Fares are based on income. Call M-TH from 9-4 for info or to schedule a ride at least 3 working days in advance.

SENIOR LINKAGE LINE –1-800-333-2433



Call us first with your questions. Our staff and volunteers have access to local, state and national information. If we can't answer your question, we'll give you the number of someone who can.



**200 Brookview Parkway S.
Golden Valley, MN 55426-1364**

**PRSRT STD
US Postage
PAID
Permit No.1659
Twin Cities, MN**

Golden Valley Registration Form—2013

First & Last Name: _____

Address: _____ **Home Phone:** _____

City: _____ **State:** _____ **Zip:** _____ **Work Phone:** _____

Emergency Contact Name & Phone (if different from above): _____

Special Needs, Disabilities, or Allergies we should be aware of: _____

Participant's First Name	Trip/Activity	Trip or Activity Code	Pick-up Site	Fee

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to not hold the City liable for any claim resulting from participation in any such activity, including claims for injuries, death and resulting attorney fees. The completion of your registration signifies your acceptance of this consent.

PAYMENT TYPE:

() Cash () Check # _____
(Checks payable to: City of Golden Valley)
() VISA () MasterCard

Card #: _____

Expiration Date: _____

Signature for credit card payment:

TOTAL DUE: _____

OFFICE USE ONLY

FA \$ _____

GC \$ _____

Fee Paid: _____

Date: _____

Rec'd By: _____